












MAY 2020

National City George H Waters

AT THE TOWERS

1415 "D" Avenue- National City, CA 91950
(619) 336-4260 INGRID / 336-4261 MARTHA
Nutrition Center Main Line (619) 336-6750

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* = \geq 1,000 MG SODIUM PER MEAL</p>  	<p>Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk</p>	<p>POP CORN SERVED DAILY</p>  	<p>Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M</p>	<p>1) CATCH OF THE DAY</p> <p>SCALLOPED POTATOES GREEN PEAS CALICO COLESLAW TROPICAL FRUIT SALAD MILK</p>
<p>4) CRUSTED ROAST PORK</p> <p>BAKED SWEET POTATOES STEAMED BROCCOLI TOSSED SALAD BLUEBERRY TART MILK</p> 	<p>5) PEPPER STEAK</p> <p>LONG GRAIN & WILD RICE SAUTEED SPINACH BOK CHOY SALAD ORANGE FRUITED SALAD MILK / JUICE</p>	<p>6) CHICKEN BURRITO (WHOLE WHEAT) *</p> <p>RICE & BEANS ZUCCHINI & CORN AURORA SALAD WATERMELON WEDGES MILK</p>	<p>7) CHICKEN THIGHS & BBQ MEAT BALLS*</p> <p>BAKED BEANS COUNTRY BLEND POTATO SALAD ORANGE SMILES MILK</p> 	<p>8) CATCH OF THE DAY</p> <p>BARLEY PILAF CARROT COINS TROPICAL FRUIT SALAD BLONDIES MILK</p>
<p>11) SOUTHWEST TAMALES w/ BLACK BEAN & PEPPER RELISH*</p> <p>MEXICAN BROWN RICE YELLOW SQUASH CAESAR SALAD MELON MIXX MILK</p>	<p>12) HAM & CHEESE CROISSANT*</p> <p>MARINATED VEGETABLE SALAD LETTUCE, TOMATOES WHOLE GRAIN MAC SALAD PEACH MELBA MILK</p>	<p>13) BEEF STEW</p> <p>MASHED POTATOES BRUSSELS SPROUTS GARDEN SALAD APPLE COBBLER MILK</p>	<p>14) GRILLED CHICKEN BREAST</p> <p>SAFFRON RICE JAPANESE BLEND ORIENTAL NOODLE SALAD MANGO CUP MILK</p>	<p>15) CATCH OF THE DAY</p>  <p>RED POTATOES ROASTED VEGETABLES CALIFORNIA FRUIT SALAD MILK</p>
<p>18) BEEF SIRLOIN TIPS OVER WHOLE GRAIN PASTA</p> <p>ITALIAN GREEN BEANS CAESAR SALAD FRESH GRAPES MILK</p> 	<p>19) BAKED LEMON CHICKEN</p> <p>BARLEY PILAF BABY CARROTS BOK CHOY SALAD PINEAPPLE TART MILK</p>	<p>20) COUNTRY PORK CHOP</p> <p>MASHED POTATOES CALIFORNIA BLEND LEAFY GREEN SALAD FRESH APPLE MILK</p> 	<p>21) ROAST BEEF w/ MUSHROOM SAUCE*</p> <p>AU-GRATIN POTATOES PEAS & CARROTS TWO COLOR SPINACH SALAD MANDARIN CUP MILK</p>	<p>22) CATCH OF THE DAY</p> <p>LONG GRAIN & WILD RICE ROASTED VEGGIES SWEET & SOUR SLAW CANTALOUPE w/ LIME MILK</p>
<p>25) CLOSED MEMORIAL DAY</p> 	<p>26) ROAST PORK w/ APRICOT SAUCE</p> <p>CHANTILLY POTATOES MIXED VEGGIES CAESAR SALAD FRESH BANANA MILK</p>	<p>27) CHICKEN CACCIATORE</p> <p>WHOLE GRAIN NOODLES STEAMED BROCCOLI ALMONDINE FRUIT SALAD VANILLA PUDDING MILK</p>	<p>28) STEAK RANCHERO*</p> <p>BROWN SPANISH RICE ZUCCHINI SPINACH SALAD FRESH ORANGE MILK</p> 	<p>29) CATCH OF THE DAY</p> <p>ROASTED RED POTATOES SCANDINAVIAN MIX COLESLAW PEACHES & CREAM MILK</p>

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.